

In the Claims: (strikethrough parts deleted and underlined parts added)

Please delete Claims 3, 4, 10, 11, 14-16, 19 and 20 without prejudice.

1. (Currently Amended) A hockey training system, comprising:
a base usable by a user as a slide board in a sliding position; and
a pair of platforms adjustably positionable upon said base in either a plurality of angled plyometric positions ~~plyometrics position~~ or a horizontal stepping box position.
2. (Currently Amended) The hockey training system of Claim 1, wherein said base includes ~~an~~ a raised outer perimeter defining a floor comprised of a slippery plastic material.
3. (Canceled)
4. (Canceled)
5. (Currently Amended) The hockey training system of Claim 1, wherein said pair of platforms each include a pair of adjustable outer legs thereby angling said pair of platforms inwardly in a plyometrics position.
6. (Currently Amended) The hockey training system of Claim 5, wherein said pair of platforms each include a pair of adjustable inner legs to create a stepping box position.
7. (Original) The hockey training system of Claim 6, wherein said legs are attachable to said base by a plurality of pins extending through said base and a lower end of said legs.
8. (Currently Amended) The hockey training system of Claim 1, wherein said base includes ~~an~~ a raised outer perimeter defining a floor, a plurality of angled slots within an interior portion of said raised outer perimeter, and a pair of end members removably positionable within

said angled slots for defining a sliding area upon said floor for a user performing a sliding exercise.

9. (Currently Amended) The hockey training system of Claim 1, including:

at least one cover member positionable upon an upper portion of said base for a user to stand upon; ~~and~~

a shooting member having an outer edge for allowing a user to practice shooting hockey pucks upon while standing upon said at least one cover member, wherein said shooting member has an upper slippery surface;

a net positionable at an end of said shooting member; and

at least one reserve unit positionable upon an end of said base, wherein said at least one reserve unit is designed to retain and dispense a plurality of pucks, and wherein said at least one reserve unit includes a side opening for allowing a user to remove hockey pucks from said at least one reserve unit.

10. (Canceled)

11. (Canceled)

12. (Currently Amended) The hockey training system of Claim 9 ~~11~~, wherein said at least one reserve unit includes a curved portion connected to said side opening for assisting in guiding hockey pucks from said at least one reserve unit.

13. (Original) The hockey training system of Claim 12, wherein said at least one reserve unit is comprised of a pair of reserve units positionable upon opposing ends of said base.

14. (Canceled)

15. (Canceled)

16. (Canceled)

17. (Original) The hockey training system of Claim 9, wherein said at least one cover member is comprised of a pair of cover members.

18. (Canceled)

19. (Canceled)

20. (Canceled)

Please add the following claims:

21. (New) A hockey training system, comprising:

a base usable by a user as a slide board in a sliding position;

a pair of platforms positionable upon said base in either a plyometrics position or a stepping box position;

at least one cover member positionable upon an upper portion of said base for a user to stand upon and a shooting member for allowing a user to practice shooting hockey pucks upon while standing upon said at least one cover member; and

a net positionable at an end of said shooting member.

22. (New) A hockey training system, comprising:

a base usable by a user as a slide board in a sliding position;

a pair of platforms positionable upon said base in either a plyometrics position or a stepping box position;

at least one cover member positionable upon an upper portion of said base for a user to stand upon and a shooting member for allowing a user to practice shooting hockey pucks upon while standing upon said at least one cover member, wherein said shooting member has an upper slippery surface.

23. (New) A hockey training system, comprising:

a base usable by a user as a slide board in a sliding position;

a pair of platforms positionable upon said base in either a plyometrics position or a stepping box position;

at least one cover member positionable upon an upper portion of said base for a user to stand upon and a shooting member for allowing a user to practice shooting hockey pucks upon while standing upon said at least one cover member, wherein said shooting member has an outer edge.

24. (New) A hockey training system, comprising:

a base usable by a user as a slide board in a sliding position;

a pair of platforms positionable upon said base in either a plyometrics position or a stepping box position;

at least one cover member positionable upon an upper portion of said base for a user to stand upon and a shooting member for allowing a user to practice shooting hockey pucks upon while standing upon said at least one cover member, wherein said at least one cover member is comprised of a pair of cover members.